



# Fall Seedling Thinning Chart

Thinning is an essential step in fall gardening, ensuring your crops have the space, light, and nutrients they need to grow strong. This chart provides recommended spacing for common fall crops, a step-by-step thinning checklist, and a reflection prompt to connect your garden work with life lessons.

## Crop Spacing Guide

Crop	First Thin Height	Final Spacing	Notes
Carrots	2-3" tall	2" apart	Snip, don't pull to avoid disturbing roots
Radishes	2-3" tall	2" apart	Fast growers; harvest quickly
Beets	2-3" tall	3-4" apart	Eat the greens as you thin
Lettuce (Loose-Leaf)	2-3" tall	6-8" apart	Harvest outer leaves for continual growth
Lettuce (Heading)	2-3" tall	10-12" apart	Give space for heads to form
Spinach	2-3" tall	4-6" apart	Prefers cool soil; mulch lightly
Kale	3-4 true leaves	8-12" apart	Can be transplanted if thinned carefully
Swiss Chard	3-4 true leaves	8-12" apart	Regrows after cutting



## Step-by-Step Thinning Checklist

- Water the bed lightly before thinning to ease root removal.
- Identify the healthiest, strongest seedlings to keep.
- Use scissors to snip at soil level for delicate root crops.
- Thin to the recommended spacing for each crop (see chart above).
- Reuse thinnings in salads, as transplants, or in compost.
- Water gently after thinning to help remaining plants recover.
- Mulch lightly to conserve moisture and reduce weed competition.

## Reflection

Thinning reminds us that removing some things can make room for the most important to thrive. In life, as in gardening, letting go can be an act of faith and stewardship.

## Journal Prompt

What areas of my life feel overcrowded right now? What might I need to thin out so that the most important things have room to grow?

---

---

---

